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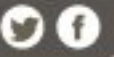
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AFP/GETTY IMAGES

Clinton casts her vote: 'most humbling feeling'

CAMPAIGN

Party to be held in symbolic venue with glass ceiling

She's delivered her closing pitch, concluded her final rally and cast her own vote.

By Tuesday afternoon, there was little left Hillary Clinton to do but wait, and prepare for word of whether she'd be picked as the first woman to serve as U.S. president.

Her campaign picked a suitably symbolic location for her Election Night party — the Jacob K. Javits Convention Center in New York City, which, in a nod to the historic moment, offers a

glass ceiling. Casting her ballot at an elementary school near her home in suburban New York on Tuesday morning, the Democratic nominee acknowledged the weight of the day, saying: "so many people are counting on the outcome of this election."

It was a relatively calm Election Day compared with Clinton's hectic final few days on the campaign trail. The former secretary of state and New York senator dashed through battleground states, encouraged get-out-the-vote efforts and campaigned with a star-studded cast of celebrity supporters.

The eve of the election included an emotional rally in Philadelphia with her husband, President Barack Obama and first lady Michelle Obama, as well as performances by Jon Bon

Jovi and Bruce Springsteen. Lady Gaga capped it off by serenading thousands of supporters before the Clintons took the stage for a 1 a.m. rally in Raleigh, North Carolina.

After the divisive rhetoric of the campaign against Republican Donald Trump, Clinton sought to offer a positive closing message on Monday. She told supporters in Pittsburgh they "can vote for a hopeful, inclusive, bighearted America." In a buoyant mood, she also greeted voters who cried out "we love you," smiling back: "I love you all, too ... absolutely."

Some good news boosted Clinton's spirits in the final moments of the campaign. On Sunday, FBI Director James Comey sent a letter to Congress, informing lawmakers the bureau had found no evidence in its hurried review

of newly discovered emails to warrant criminal charges against Clinton.

The late October announcement of a fresh email review rocked the race just as Clinton appeared to be pulling away from Trump in several battleground states. The update from the FBI may have come too late for some: In the nine days between Comey's initial statement until his "all clear" announcement on Sunday, nearly 24 million people cast early ballots. That's about 18 per cent of the expected total votes for president.

She also campaigned with Khizr Khan, the father of a slain U.S. Army officer whose indictment of Trump at the Democratic National Convention was an emotional high point for Clinton's party. THE ASSOCIATED PRESS

Trump shows trust issues as wife votes



Luke Simcoe
Metro | Toronto

If his behaviour at the polls was any indication, Donald Trump wasn't confident he had swayed the mind of the American electorate — or even his wife's for that matter.

A photo of Trump appearing to sneak a peek at Melania Trump's ballot became one of the final online memes of the Republican candidate's tumultuous campaign, and prompted some to wonder whether Trump's spouse was secretly a Hillary Clinton fan.

The couple voted Tuesday morning at a school in Manhattan. However, the photo-op backfired on Trump when social media users seized on the image of him glancing at his wife while she filled out her ballot.

Comedian Chelsea Handler — a Clinton supporter —

shared the image on Twitter with the caption "when you're worried that your wife copied off Michelle again," a reference to Melania Trump's Republican convention speech that mirrored an earlier speech by First Lady Michelle Obama.

Handler's joke was retweeted over 23,000 times. Others shared the image with the hashtag #ImWithHer, suggesting Melania was voting for Clinton.

A similar photo of Trump's son, Eric, glancing towards his wife Lara Yunaska's ballot surfaced shortly thereafter. Countless social media users chimed in with "like father, like son."

It was not the first voting day mishap for the younger Trump. U.S. news outlets reported that Eric Trump had tweeted a picture of his ballot earlier in the day, which violates New York state's voting laws.

The offending tweet was quickly taken down.



"When you trust your wife to vote for you, but not really" was another quip shared online with this photo. AFP/GETTY IMAGES



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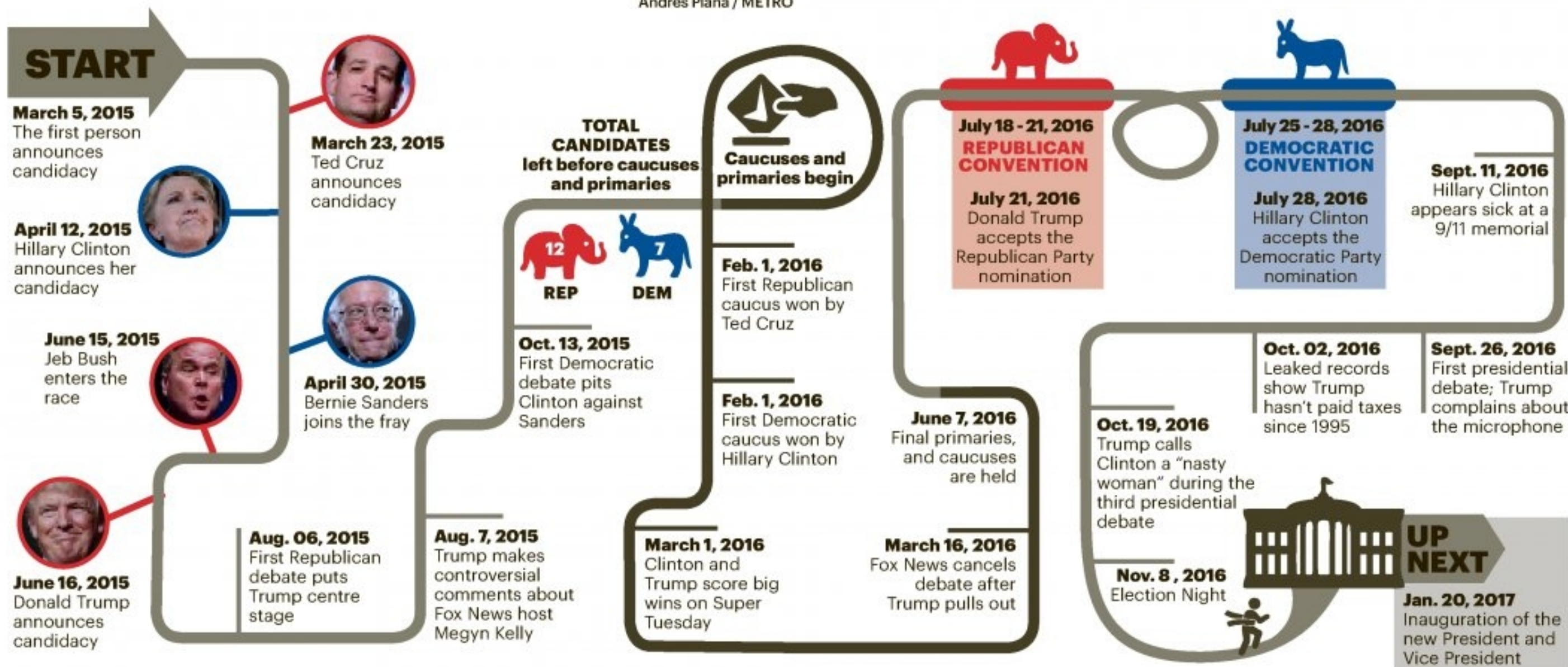
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Metro Explains That topsy-turvy U.S. election

The moments that defined this long, crazy and very angry campaign

Andres Plana / METRO



At long last, the race ends

America's 45th president will inherit deeply divided nation

America's ugly and unpredictable presidential election barrelled toward the finish Tuesday night, with Hillary Clinton and Donald Trump fighting for Florida, North Carolina and Ohio, three of the nation's most competitive states.

Clinton, a fixture in American politics for decades, was hoping to become the first woman to serve as commander-in-chief. She faced stiff competition from Trump, the billionaire businessman who tapped into a searing strain of economic populism.

The race was expected to be determined by roughly a dozen competitive states. It was too early to call the contests in several where polls had closed: Florida, North Carolina, Ohio, New Hampshire and Pennsylvania.

Vast divides in race and gender were keeping the contest close in Virginia and Georgia, another pair of hard-fought races. About 9 in 10 black voters and two-thirds of Hispanics in each state were backing Clinton, while most whites supported Trump, accord-

ing to exit polls. Women in both states were far more likely than men to support Clinton.

The winner will inherit a nation angry and distrustful of leaders in Washington. She or he will preside over an improving economy that is nevertheless leaving many behind and a military battling new terror threats. And whoever emerges as the country's 45th president will have to confront head-on a divisiveness that was painfully evident over a two-year race replete with racially loaded rhetoric and unrelenting negativity.

Clinton asked voters to keep the White House in Democratic hands for a third straight term. She cast herself as heir to President Barack Obama's legacy and pledged to make good on his unfinished agenda, including passing immigration legislation, tightening restrictions on guns and tweaking his signature health care law.

"I know how much responsibility goes with this," Clinton said after voting Tuesday at her local polling station in Chappaqua, New York, with her husband, former President Bill Clinton, at her side. "So many people are counting on the outcome of this election, what it means for



our country, and I will do the very best I can if I'm fortunate enough to win today."

Trump, the New York real estate developer who lives in a gold-plated Manhattan penthouse, forged a striking connection with white, working-class Americans who feel left behind in the changing economy and diversifying country. He cast immigration, both from Latin America and the Middle East, as the root of many problems plaguing the nation and called for building a wall along the U.S.-Mexico border.

"I see so many hopes and so



many dreams out there that didn't happen, that could have happened, with leadership, with proper leadership," he said by telephone on Fox News before casting his own ballot in Manhattan. "And people are hurt so badly."

Seven in 10 Americans who went to the polls Tuesday said immigrants now in the country illegally should be allowed to stay, while just a quarter said they should be deported. More than half oppose building a border wall, according to the exit polls, which were conducted for The

Associated Press and television networks by Edison Research.

The Republican Party's tortured relationship with its nominee was evident right up to the end. Former President George W. Bush and wife Laura Bush declined to back Trump, instead selecting "none of the above" when they voted for president, according to spokesman Freddy Ford.

Trump set both parties on edge when he refused to say in the third and final debate whether he would accept the election's results, citing with no evidence the possibility of a rigged outcome. His statement threatened to undermine a fundamental pillar of American democracy and raised the prospect that his fervent supporters would not view Clinton as a legitimate president if she won.

Asked Tuesday in an interview with Fox News if he would accept the election results, Trump continued to demur, saying "We're going to see how things play out."

Most problems that did pop up at polling places Tuesday appeared to be routine — the kinds of snags that come every four years, including long lines, machines not working properly and issues with ballots or voter rolls.

Even before Tuesday, almost 45 million people had cast ballots for president. Many expressed relief the end was in sight after an election season in which personal attacks often drowned out the issues.

Clinton has denounced Trump for calling Mexican immigrants "rapists" and promoting a ban on Muslims entering the U.S., and for his long line of remarks about women that culminated in an audio in which he bragged about grabbing their genitals. Her campaign was hoping high turnout among Hispanics push her over the top in states like Florida and Nevada.

Trump called his opponent "Crooked Hillary" for her use of a private email server as secretary of state and her complicated ties to the family's Clinton Foundation.

In the final days, Clinton was buoyed by FBI Director James Comey's weekend declaration that he wouldn't recommend criminal charges against her following a new email review. Comey announced the inquiry late last month, sapping Clinton's surging momentum and threatening Democrats in down-ballot races.

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PHOTOS GETTY IMAGES & THE ASSOCIATED PRESS

Voters make their voices heard

Weight of history upon Americans casting ballots

Election Day arrived at last, and Americans headed to the polls to have their say in the choice of the next president.

Some paused to talk about their decisions and the tensions of the moment.

Thomas Tillotson and Russ Van Deursen differed when they voted for president early Tuesday in Dixville Notch, New Hampshire, one of the first polling sites to open in the nation. But they were in solid agreement on one thing.

"It's very exciting to be the first in the nation," said Van Deursen. "Your vote is right out there in the small little hamlet that we have of seven or eight voters and it feels like you're a real part of democracy." He voted for Democrat Hillary Clinton because "our country needs to move forward and I didn't believe that a presidency with (Republican) Donald Trump would move for-

It's an honour and privilege to be first and this is my 11th time doing it and it never gets boring.

Thomas Tillotson

ward in a positive way."

Polls in the town opened just after midnight closed as soon as everyone had voted.

"It's an honour and privilege to be first and this is my 11th time doing it and it never gets boring," said Tillotson, a 71-year-old business consultant who voted for Libertarian Gary Johnson. He said both major parties have "gone in directions that really don't fit who I am and what I believe."

When Art Meadowcroft exited city hall in Plymouth, Minnesota, Monday after casting an early ballot, he reached into his pocket for a camouflage cap bearing Donald Trump's slogan, "Make America Great Again," and placed it on his head.

"It was a tough decision because he certainly had his very

rough sides," Meadowcroft, 62, said of Trump, his choice for president. "But I don't think there is a question mark when it comes down to what is in his heart and what he wants for the country."

Meadowcroft, a former college administrator, coach and real estate agent who is now retired, came to vote with his sister, bringing sandwiches to pass the time in a long line. A self-described independent, he said he'd voted in the past for Democrats, including once for Bill Clinton. But he voted for Trump because it is time to get back to the "true values" of the country.

Meadowcroft said he believes firmly in immigration. But he wants better vetting to ensure "the right people are coming in, people that want to grasp our

I thought it would be nice to be alive to see the first lady president.

Yadira Jimenez

values... I think we've opened the doors too much, and made ourselves vulnerable."

This election marks the first time that sisters Yadira and Catherine Jimenez have voted. They cast early ballots in West Jordan, Utah, and had no hesitation about their choice. Both voted for Hillary Clinton.

For Yadira, whose husband has lived in the U.S. since he was a toddler but is not a citizen, the vote was partly a reaction to Donald Trump's hard line on immigration.

But the sisters, both young mothers and pregnant, said they also wanted to signal their approval of a woman as the country's leader.

"I thought it would be nice to be alive to see the first lady

It was a tough decision because Trump certainly had his very rough sides.

Art Meadowcroft

president," said Yadira Jimenez, 24, who works the front desk at a pediatrician's office and is expecting her first daughter. "It shows you can achieve anything in life and that not just men are capable of becoming president. I want to show my children that anybody can do anything as long as they work hard."

She and her sister said it was important that the winning candidate be someone who cares about people like them. But Trump is definitely not that person, they said. "He's racist not only to Latinos, but to pretty much every race," said Catherine Jimenez, who is 20 and studying to be a medical assistant.

Hallie Luckianow says she considered voting for either Hillary Clinton or Donald Trump. With a

father who works in an oil industry hit by sagging prices, she was drawn to Trump's America-first policy on energy. As a lesbian, she says she likes Clinton's vocal support for gay rights.

But Luckianow, taking a lunch break Monday in a Birmingham, Alabama park, said in the end she cast her vote for what she sees as a centrist choice.

"I'm kind of pulled in both directions and that's why I'm going to Gary Johnson. Because this entire election has been crazy," said Luckianow, 27, a speech therapist.

Luckianow said she liked the notion of electing the nation's first female president. But she figures that time will come soon enough, even if Clinton loses.

THE ASSOCIATED PRESS

Election Day Digest

★ One dead after shooting near polling station



Colin McNeil
Metro | Toronto

There are few details available on an active shooter situation near a polling station outside of Los Angeles where one person had died.

The L.A. Times is reporting one is dead and three are injured in the community of Azusa, with

★ George W. Bush votes 'none of the above'



Luke Simcoe
Metro | Toronto

George W. Bush didn't beat around the bush when it came to his voting record Tuesday.

As the polls closed, the former Republican president confirmed he declined to vote for Donald Trump, instead leaving his presidential ballot blank.

Spokesman Freddy Ford told the media that Bush, who served as president from 2001 to 2009, voted "none of the above" for president but supported Republican candidates in congressional

★ Memes mirror Canada's U.S. election feelings

A mother moose stares at a car in flames while two calves chill out in an inflatable pool.

The caption reads: "How it feels to be a Canadian watching U.S. politics right now."

That's the tone of the #MeanwhileInCanada hashtag, pages and accounts on Facebook, Instagram and Twitter on the day of America choosing a new president.

Another offering shows a moving van and references Republican candidate Donald Trump. It's accompanied by an obscene phrase about how he'll help the moving van industry here.

There's also a man panhand-

police dealing with a heavily armed suspect. The extent of the injuries of the wounded are not yet known.

A nearby middle school is on lockdown, according to local media. No one at the school was hurt. Voters are being told to avoid the polling station.

The shooting happened about 2 p.m. local time.

and local races.

The rebuke was not unexpected. Bush's father, former president George H.W. Bush, was quoted as saying he would vote for Hillary Clinton, and no member of the Bush family endorsed or supported Trump.

Former first lady Barbara Bush actually criticized Trump in February, calling his derogatory comments about FOX News host Megyn Kelly "unbelievable."

Bush's brother, Florida Governor Jeb Bush, had been considered a frontrunner for the Republican nomination before he was outflanked by the Trump campaign during the primaries.

ling in traffic with a sign that reads, "Give me a dollar or I'm voting for Trump." That caption reads, "How to become an instant millionaire."

Other entries are more tame, like: "I can't wait to watch the season finale of America".

Another entry references Trump's pledge to build a wall between the U.S. and Mexico.

It suggests that the bitter American election is benefiting Canadian construction: "Meanwhile in Canada... we're building a wall along the 49th Parallel (look it up!), and at Niagara Falls, Queenston Heights and Fort Erie." TORSTAR NEWS SERVICE

Republicans on track to keep House control

Republicans seemed on track to secure two more years of House control as the first votes in Tuesday's elections were counted. But the GOP faced an erosion of its historic majority that could leave hard-line conservatives with added clout to vex party leaders.

With Donald Trump rousing opposition in many suburban and ethnically diverse districts, Democrats were hoping to gain a dozen seats

or more. Chief targets included GOP incumbents in New Jersey, Virginia, Illinois, Florida, Nevada and California.

But both sides anticipated that Democrats would fall short of the 30-seat pickup they'd need to take command of the House for the first time in six years.

Democrats have gained that many seats in just five of the 35 elections since World War II, including only once — in

2006 — since the 1970s.

In the earliest returns, tea party-backed GOP Rep. Thomas Massie was easily re-elected in Kentucky.

One prized pelt for Democrats would be eight-term Rep. Darrell Issa, R-Calif., who dogged President Barack Obama with probes into the 2012 killings of four Americans in Benghazi, Libya, and IRS mistreatment of conservative groups.

Some Republicans are preparing "to do everything they can to stop progress in Washington," Obama said in one late radio ad.

The GOP's current 247-188 margin, which includes three vacancies, is a high-water mark for House Republicans since the 270 members they had in 1931. Only several dozen of the chamber's seats were considered competitive.

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This meme with the hashtag #MeanwhileInCanada is giving people on social media a chuckle. TWITTER.COM

ENFORCEMENT

Photo radar back on table

Photo radar could soon return to Ontario roads as the province prepares to allow municipalities to introduce the technology in school zones.

The Liberal government intends to introduce legislation in the next two weeks that would give municipalities the power to introduce automated speed enforcement technology, which takes pictures of the licence plates of speeding cars, in school zones and community safety zones.

Photo radar became a political football in Ontario in the 1990s after it was introduced by the NDP government, but it was killed by premier Mike Harris after the Progressive Conservatives won the 1995 election, in part on a pledge to get rid of the cameras.

Critics called it a cash grab and Premier Kathleen Wynne acknowledged Tuesday that revenue was a contentious aspect back then.

Revenue from the fines issued to speeding drivers will stay with the municipalities, Wynne said.

The premier made the announcement in Ottawa, which is one of the municipalities that had been asking for such speed-enforcement tools.

The city has seen about 150 people die on the streets of Ottawa between 2010 and 2014 and in many of those situations speed was a factor, Wynne said.

Mayor Jim Watson said speeding is an issue especially around schools.

"When people are speeding in school zones, it's very dangerous," he said. "It's very disrespectful and it can have tragic consequences."

The bill would also allow municipalities to create reduced-speed-limit zones and let them participate more easily in the red light camera program.

HALEY RITCHIE/METRO OTTAWA



I think kids across the city deserve a safe way to walk to school.
Coun. Catherine McKenney

The provincial government is introducing a bill to allow municipalities to introduce photo radar on municipal roads, in school zones and community safety zones. TORSTAR NEWS SERVICE

School-zone speeders in the city better beware

SAFETY

Watch out, as cameras may watch you



Haley Ritchie
Metro | Ottawa

Cameras capable of catching and ticketing speeding drivers will soon be coming to Ottawa's busiest school zones.

On Tuesday, Premier Kathleen Wynne announced the

province will introduce a bill that would give cities in Ontario the power to approve and install photo radar cameras.

The announcement was made at Elmdale Public School alongside Mayor Jim Watson, Ottawa police Chief Charles Bordeleau and Ottawa Centre MPP Yasir Naqvi.

In May, city council voted to ask the province for special permission to install photo radar cameras. Right now, cities don't have that power.

It will still be months before speed cameras are installed in

school zones. The legislation will be tabled before the end of November and needs to pass through the legislature. After that, city council will have to decide where to put cameras.

Somerset ward Coun. Catherine McKenney said she believes installing the cameras is a priority for council and will be asking for them in her ward.

"I think kids across the city deserve a safe way to walk to school. We don't have the criteria yet for how we'll evaluate that, but I think that each of us will be looking at particularly

dangerous areas where we have a high rate of collision and a high rate of kids walking to school," she said.

The second part of Tuesday's announcement will allow cities to control their default speed limit on residential roads.

Right now it's 50 kilometres per hour, but Watson said on council would consider lowering Ottawa's default speed to 40 km/h.

Naqvi said money raised from tickets will go to municipalities, and offset the cost of equipment and enforcement.

RESEARCH

Go ahead and sleep, say experts



Adam Kveton
For Metro | Ottawa

If you're under 30 and you've been told you sleep too much, there's a new study that suggests you may just have the right idea.

A University of Ottawa professor has published a study that indicates the memory boost that happens while you sleep declines as you get older.

It could be the difference between sticking that Salchow on the 13th attempt instead of the 300th, or even learning that new knitting stitch after one YouTube tutorial.

Cognitive neuroscientist Stuart Fogel's research compared young adults' and seniors' ability to learn "procedural skills."

"(That's) anything that involves a sequence that you need to learn — a series of steps," said Fogel.

So things like playing the piano or learning dance choreography. Even walking is a procedural skill.

It was already known that these kinds of skills in particular are negatively impacted as you age, starting in your mid-30s.

But Fogel's research indicates the reason for that appears to be connected to bursts of electricity, called spindles, that happen in your sleep.

When you're young and you learn a skill, especially a procedural one, a sleep process called consolidation actually improves that skill: You can perform the sequence of steps faster and with fewer mistakes, just because you slept.

While not a lot is known about this process, spindles — which occur during Stage 2 sleep — appear to play an important part.

Fogel's research appears to show that older adults (55 years old and older) received no skill boost from sleep, and they also had far fewer spindles. There was also a correlation to lesser amounts of grey matter in some parts of the brain.

"One of the most surprising things about this is ... the older adults perform almost identically when they are learning the task in terms of their improvement over time. Their rate of learning is virtually identical ... it's just that they don't get the same benefit from sleep."

Fogel said that tracking the premature decline of these electrical bursts could help predict the onset of memory problems.

UNCERTAINTY

Phoenix payroll issues affect mental health: Survey



Ryan Tumilty
Metro | Ottawa

The problem-plagued Phoenix pay system appears to be taking its toll on some public servants' mental health, according to a new survey.

The Association of Canadian Financial Officers released a survey suggesting nearly a third of its members feel they have had mental health issues as a result of the Phoenix system.

The survey — which garnered responses from 900 association

members — found 75 per cent of respondents had pay issues, and 85 per cent of those people's issues have not yet been fully resolved.

Dany Richard, executive vice-president of the association, said the numbers are startling.

"I knew there were definitely some cases outstanding, but not to this extent," he said. "I feel like we're only seeing the tip of the iceberg."

In the latest update at the end of October, the government reported 22,000 unresolved cases in the original backlog from before July. Richard said that number

does not include cases that have come in since July.

He said he has heard many stories of people holding off making complaints about more minor issues, like additional pay for taking on an acting assignment.

"You're not going to risk screwing up your pay because you want your acting pay," he said.

He predicted another wave of requests when the system starts operating more normally and public servants begin submitting those minor requests.

"The T4s are going to be even worse than what we have re-

ported before," he said.

He said that is going to create real issues for civil servants, because the Canada Revenue Agency has the authority to garnish wages.

"When you owe money to the government, especially the CRA and you don't pay they're going to go into your bank account," he said.

Metro contacted Public Services and Procurement Canada, who pointed to a frequently asked questions portion of their website in which they pledge to correct any errors on tax forms for overpayment or underpay-

When push comes to shove you have to stop giving us lip service.

Dany Richard

ments. Richard said he believes the government wants to address the problem, but is not putting enough resources behind it.

"When push comes to shove you have to stop giving us lip service and actually deliver on something," he said.

Artists to hit Canada Day with 53 bells on

MUSIC

Carillonneurs compete to debut new song at Peace Tower



Haley Ritchie
Metro | Ottawa

All the bells and whistles will be coming out for Canada's 150th birthday — the government is holding a contest to create a new song that will play on the Peace Tower's 53 carillon bells on the big day.

Two compositions will be chosen in the contest, one in an open category that will be played on Parliament Hill and one in a youth category that will play at the University of Toronto.

The winning composer will receive \$800, while the youth composer will receive \$400.



Dr. Andrea McCrady plays the Peace Tower Carillon on Parliament Hill in Ottawa. McCrady was named the Dominion Carillonneur in 2008. THE CANADIAN PRESS/SEAN KILPATRICK

Dominion Carillonneur Andrea McCrady said it's hard to say how many submissions they will receive, since the carillon is such an unusual instrument. "That's the trickiest part,"

she said. "The Peace Tower on Canada Day will be speaking for all of Canada, so we wanted to pique people's interest in carillon music."

McCrady said the competi-

“They trust I’ll do it in good taste, and good faith also.”

Dr. Andrea McCrady, on her whimsical repertoire

tion isn't focused on money.

"The big prize is not necessarily the cash — that's an honorarium — but to have it premiered on the Peace Tower on Canada Day. The piece would also be included in a CD that we're going to produce throughout the year," she said.

McCrady is known for often making unique playlist choices, some of which — like the Star Wars anthem or "Puff the Magic Dragon" on 420 — sound unusual coming from the Peace Tower.

"They trust I'll do it in good taste, and good faith also," she said of the song selections.

CANADIAN ARMED FORCES

Exhibit honours last World War vet killed

Aaron Hemens
For Metro | Ottawa

With Remembrance Day fast approaching, the Canadian War Museum has acquired artifacts belonging to the last Canadian soldier killed in the First World War.

The artifacts — which belonged to Pte. George Lawrence Price — include a medal set and a memorial plaque.

The medals will be displayed

in the "Last hundred days campaign of the First World War" exhibition, which will be open to the public in October 2018.

"These are important artifacts, and we immediately saw the value in them," said Dr. Tim Cook, a First World War historian and a curator for the exhibit.

Price is one of the estimated 61,000 Canadian soldiers killed during the First World War. He died at 10:58 a.m. on Nov. 11, 1918 — just two minutes before the armistice went into effect.

AGGRAVATED ASSAULT

Stabbing suspect sought



Adam Kveton
For Metro | Ottawa

Ottawa police have charged a man, and are looking for a woman after a pair of stabbings last night left three wounded.

Police responded at 10:40 p.m. on Nov. 7 at the corner of Rideau and Dalhousie streets. A 30-year-old victim had non-life threatening wounds to the chest

and bicep.

A male suspect under 18 years of age who was in an altercation with the victim was arrested.

A 17-year-old male was subsequently charged with assault with a weapon and aggravated assault.

Later, a few blocks away, one female victim was found with a stab wound to the back, and another with four to five wounds to the chest, abdomen and arm.

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The homeless given voice

NEWSPAPER

The Wrench hopes to change the way readers view destitute

Aaron Hemens
For Metro | Ottawa

A local community newspaper that focuses on issues around homelessness and poverty is on a mission to give a voice to some of the city's most vulnerable people.

The Wrench, founded by University of Ottawa student Joey Clavette, printed its first edition in September. The newspaper published 14 stories written by people who find themselves homeless, or who have experienced homelessness in the past.

"You really need to have them writing themselves, and that itself has two uses to it. The first is that the people can read it and then are able to empathize and humanize them," Clavette said. "But at the same time — for the person writing it — I want them to feel like people actually care about them."

For Clavette, sharing stories written by the homeless is a lot more genuine than having other people write on their behalf.

"Instead of seeing them as something that we have to do something about, I wanted to personalize them. I wanted to make a story," he said. "How can we get people to do something



Homeless woman Dawna Edgar holds a copy of The Wrench. AARON HEMENS/FOR METRO

about this issue? How can we get people to empathize, and stop seeing it as something in the background?"

The featured stories were gathered after a series of trips to various social service organizations, such as the Ottawa Mission and The Well.

"The first set of stories we got actually came from a creative

writing program session at the Ottawa Mission that we took over," Clavette said. "We've also been putting up posters in the Mission, and telling people to show up here at a certain time and we'll share their story."

The stories range from a wide variety of narratives, and they are a mixture of experiences and creative work, such as poetry.

One anonymous author expresses his or her frustration about the misconception of homelessness, going into detail on how they experienced both physical and sexual abuse.

"I just recently got kicked out with one guy because he tried to force crack cocaine down my

throat and I refused to inhale it, so I left to get out of that," the author wrote.

Clavette said the main thing he wants readers to take away from the stories is to stop looking at the homeless as "bums," and start looking at them as humans.

"A lot of these people have addiction problems and it's connected to trauma," Clavette said. "They also have mental illnesses, which is also connected to trauma in a lot of cases."

With the second issue set to be released on Nov. 24, Clavette said that readers can expect more substantial content this time around.

"I actually got this guy who

calls himself 'the homeless poet' that just dropped off a ton of documents, so I got a whole bunch of stuff that I have to figure out, specifically what to put out and what to backlog," he said.

Clavette said he estimates that 11 to 12 stories from the homeless will be published in the second edition, which can be found under the "Stories from the Homeless Community" section of the paper.

Like most newspapers, The Wrench has a "News" section, as well as a "Health and Lifestyle" section. However, these sections are not written by the homeless, and instead are written by volunteers.

LODGING

Plans for Hilton hotels on Queen St.

David Sali
Ottawa Business Journal

Real estate developer Morguard has scrapped its original plan to build a new hotel and apartment complex at 361 Queen St. and is now proposing to redevelop the two existing towers on the site into a pair of lodgings under the Hilton brand.

The new plan for the 1.85-acre site of the former National Hotel & Suites calls for the taller 17-storey highrise to be converted into a 173-room extended-stay facility under the Homewood Suites by Hilton banner. The smaller 10-storey building will become a Hilton Garden Inn with 171 units providing short-stay accommodations.

Pending city approval, the \$30-million project is slated for completion by the spring of 2018. It will be Hilton's first property in downtown Ottawa.

Morguard shut down the National Hotel & Suites in December 2013, saying it wanted to redevelop the property. In the summer of 2015, it submitted a proposal to demolish the existing structure and replace it with a 27-storey hotel and a 23-storey apartment building.

Sanjay Rateja, Morguard's vice-president of hotels and North American residential REIT, said the company ultimately decided it would be too costly and time-consuming to completely rebuild the site.

Rateja said Hilton was keen to establish a foothold in downtown Ottawa, adding the configuration of the two existing buildings was a "natural fit" for a separate extended-stay lodging and a shorter-stay facility.

“Instead of seeing them as something that we have to do something about, I wanted to personalize them. I wanted to make a story.”

Joey Clavette

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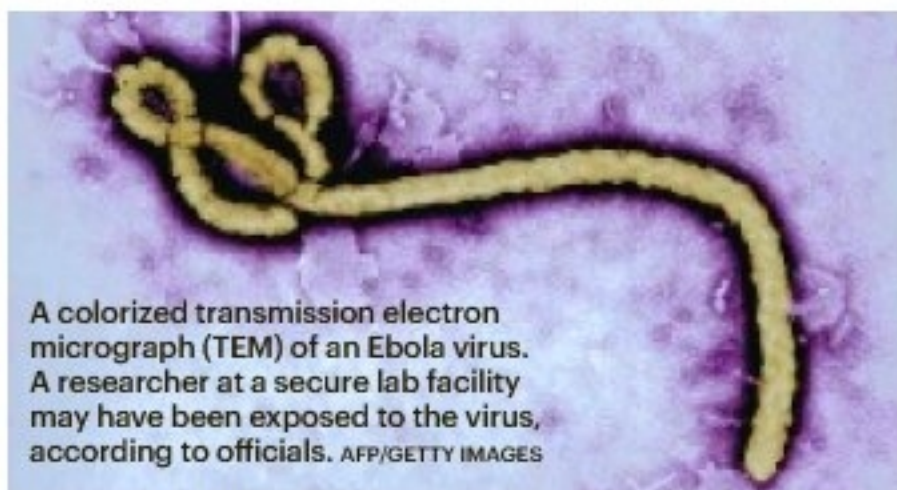
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Ebola exposure feared in Winnipeg lab



A colorized transmission electron micrograph (TEM) of an Ebola virus. A researcher at a secure lab facility may have been exposed to the virus, according to officials. AFP/GETTY IMAGES

DISEASE

Worker found split in his full-body suit, now in isolation

An employee at the National Centre for Foreign Animal Disease may have been exposed to the Ebola virus.

Dr. John Copps says the em-

ployee was working with six infected pigs Monday and noticed a split in the seam of his protective suit during decontamination after working in the Level 4 lab in Winnipeg.

The lab director said all proper emergency procedures were followed and the risk to the employee, co-workers and the community is considered to be low.

"Our employees are well aware of the risks and how to control them," Copps told a

news conference Tuesday.

Officials said there was no contact with other workers before the employee realized the risk of possible infection. The employee met with a doctor and was offered an experimental Ebola vaccine. Officials, citing privacy, wouldn't say whether he received the vaccine.

The employee is in isolation and will be monitored for 21 days by local health officials.

Copps said a pig had been

given a drug called interferon and then infected with Ebola to see if the drug would affect the outcome of the disease.

All the pigs had been anesthetized and were being moved by the employee at the time, he said.

Ebola is spread through direct contact with the blood, sweat, vomit, feces, urine, saliva or semen of those infected or of corpses. The virus is not airborne. THE CANADIAN PRESS

REMEMBRANCE

Indigenous people honour war veterans

Indigenous people across Canada remembered ancestors and community members who fought and died in war as they marked National Aboriginal Veterans Day on Tuesday.

More than 12,000 aboriginal people joined the Canadian military in the First and Second World Wars and Korea. More than 500 were killed and countless more were injured.

Veterans Affairs Minister Kent Hehr said more indigenous people served in those conflicts than any other ethnic group, as a percentage of total population.

Of the Canadian military's 95,000 full- and part-time service members, more than 2,500 are aboriginal people.

National Aboriginal Veterans Day has grown since it was inaugurated by Winnipeg's city council in 1994, with commemorations across the country each year.

Richard Blackwolf, president of the Canadian Aboriginal Veterans and Serving Members Association, says his group plans to ask the federal government to proclaim Nov. 8 as National Aboriginal Veterans Day.

THE CANADIAN PRESS

IN BRIEF

Street collapses in core of Japanese city

Parts of a main street collapsed in Fukuoka, Japan Tuesday, creating a sinkhole and cutting off power, water and gas to parts of the city. Officials fear further erosion inside the sinkhole could prompt nearby structures to collapse, so residents of nearby buildings were evacuated. No injuries were reported. THE ASSOCIATED PRESS

World body declares last five years hottest ever

In a report released Tuesday at international climate talks in Morocco, the World Meteorological Organization said 2011-2015 was the hottest five-year period on record. The agency said the report provides a better overview of warming trends and extreme events such as prolonged droughts. THE ASSOCIATED PRESS

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MARKETING



Don't forget to schedule fun things — even just a walk in the park with friends. iStock

5 tips for achieving work-life balance

If the term “sandwich generation” is all too familiar for you, then you know the challenge it can be juggling your interests with the demands of caring for both older parents and young children.

Achieve a balance between the personal and professional with these quick tips that'll have you acing that big project at work, making it to your kid's dance recital, and spending quality time with your parents.

Don't forget your health

When you're feeling stretched too thin, one of the first things you neglect is probably your health.

“This is a big mistake,” says Suzane Andrade, registered nurse at EMD Serono. “Not only do proper sleep, nutrition, and exercise help you have enough energy, they also prevent you from being sidelined by illness.” Andrade

points out that keeping yourself healthy is also important for maintaining the health of aging parents and young children, who are more at risk of complications from colds and flu.

Use the latest apps

Let technology work for you. There's an app for whatever you need help with in work and life — whether that's managing a health condition, scheduling appointments, or grocery shopping.

Rethink basic errands

If you're the one shuffling aging parents to appointments, taking the kids to soccer practice, and picking up the groceries, consider how you can make your life easier.

Organize carpools for after-school activities and look into grocery delivery options — think outside the box for creative solutions.

Double down

Too many commitments? Pair items on your to-do list for maximum efficiency and down time for yourself. Date night with your partner could be cooking an interesting new meal at home (with plenty of leftovers for weekday lunches).

Plan fun weekend activities that your parents and kids can enjoy together.

Schedule time for non-work activities

Most people pay special attention to scheduling work tasks and meetings. Do the same with leisure activities.

Make appointments for fun, date night, and personal time like you would for a business meeting — you'll feel healthier and happier and be more productive at work by ensuring you can keep your appointment with the gym.

NEWSCANADA

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How to get your kids to manage their finances

MONEY MATTERS

Help set your kids up for financial independence

If your kids are young adults attending postsecondary or starting their first foray into the working world and you're still doing their taxes and helping with finances, you're not alone.

Many parents (and kids) have trouble cutting the cord, especially when it comes to money matters. Fortunately, there are ways to help set them up for financial success and independence.

Make time for teaching

Don't discount this obvious tip — many parents neglect teaching the basics of personal finance because it's just easier to do it themselves, while kids

are often too happy to remain blissfully ignorant.

Educate your children on how to make a monthly budget, calculate regular expenses and auto insurance. Teach by example, and break down how you do this with your own money. Ask a relative or friend to do this if you think it would be better coming from them.

Speak with a financial planner

A financial planner can help your young adult find the best place to keep their money, like a Tax-Free Savings Account or Registered Education Savings Plan if they're planning on further schooling.

Earn a bit of interest on your student loans by keeping the money in a high-interest savings account. It's also never too early to start planning for financial goals like paying off student loans and saving for bigger expenses like a first

home down payment.

Master online banking together

Online banking is the perfect way for young adults to take control of their finances because they can do it from their laptops and smartphones, spaces they're already very comfortable with. Get them to take charge of their taxes by signing up for direct deposit for their income tax refund, GST/HST credit, and other tax-related payments.

It's the fastest, safest, and greenest way to get their payments. This way, if they decide to move or travel with their newfound economic freedom, they'll still have access to their money and you can forget about mailing them their payments.

Sign up for direct deposit by visiting your financial institution or go to directdeposit.gc.ca for more information.

NEWSCANADA



Online banking is the perfect way for young adults to take control of their finances. ISTOCK



ARTIST'S TAKE BY ANI CASTILLO

Words of hope for America

This is the image Metro's cartoonist drew to sum up her feelings about the campaign. Here's what she had to say.

I did this cartoon thinking about what I believe the priority should be when choosing a government: People's well-being. Us humans should take care of each other. We should be fair. We should be together. The United States is the most influential country in the world, and whatever happens there will trickle down to the rest of the planet. That's why my wish for them is that hope and love can prevail, and that they stay strong and work hard on the creation of a happier country. That in turn will help create a happier and healthier world.

You had to see it to believe it

A visual tour of the strangest election in memory curated by **Metro** photographer **Eduardo Lima**



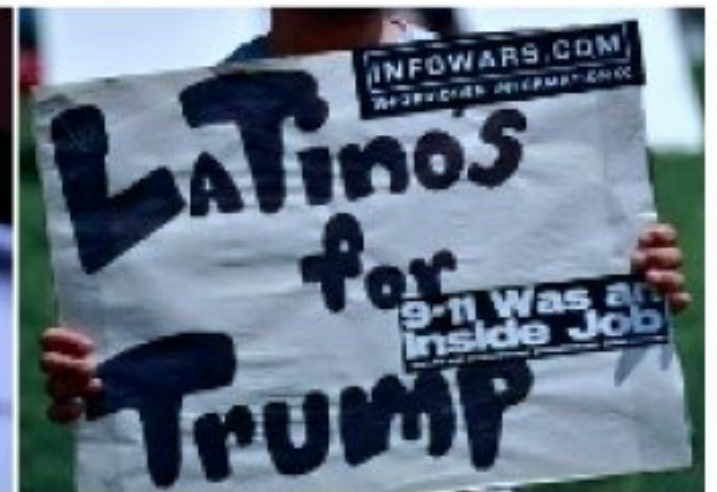
FBI director James Comey at the hearing where it was determined that Hillary Clinton would not be prosecuted for her email practices.



Trump's looming presence in Clinton's personal space was an indelible image from the second presidential debate.



Khizr Khan, the Muslim father of a fallen American soldier, offers to lend his copy of the American constitution to Trump.



This photo demonstrates the complex role of Latinos during the election, as well as the mainstreaming of conspiracy thinking.



In a widely mocked Twitter post, Donald Trump digs into a taco bowl from Trump Tower and proclaims, "I love Hispanics!" TWITTER



At the conventions, Michelle Obama made her mark as an orator and Melania Trump made a memorable pitch for her husband — allegedly plagiarized from Michelle Obama's words.



Chants of "Lock her up" and "Hillary for Prison" at Trump rallies alarmed political observers, as did Trump's promise to keep the public in suspense as to whether he would concede if he lost.



Violence against and amongst protesters became a shockingly common sight at rallies.

PHOTOS BY GETTY IMAGES





Prince Harry calls out racism

ROYAL FAMILY

Scrutiny of relationship compared to Princess Diana

Prince Harry condemned the media for subjecting girlfriend Meghan Markle to "a wave of abuse and harassment," issuing a highly unusual statement Tuesday that confirmed his relationship with the American actress and expressed concern for her safety.

Harry's office said that while the 32-year-old prince understood that there was significant curiosity about his private life, a line had been crossed in terms of media intrusion. Harry said the statement was issued in hopes media driving the story will "pause."

"Prince Harry is worried about Ms. Markle's safety and is deeply disappointed that he has not been able to protect her," said the statement from Kensington Palace. "It is not right that a few months into a relationship with him that Ms. Markle should be subjected to such a storm."

The 35-year-old Markle is best known for playing paralegal Rachel Zane in the TV legal drama *Suits*. She has also worked with the United Nations on gender equality and is a global ambassador for the charity World Vision Canada, traveling to Rwanda earlier this year to campaign for clean water.

Tabloids in Britain and beyond have jumped on the story

and speculated about the relationship for weeks, with many commenting on her mixed-race heritage and contrasting her background with the prince's. The palace said the harassment has "been very public — the smear on the front page of a national newspaper; the racial undertones of comment pieces; and the outright sexism and racism of social media trolls and web article comments."

One Daily Mail headline called her a "saucy divorcee." Another described her ancestors as "a tailor, a teacher and a cleaner in racially-divided Jim Crow South — while his were ruling the British Empire." One Daily Mirror article linked Markle with an online pornography site, saying clips of her from *Suits* were featured on an adult site.

Harry said the commentators



Actress Meghan Markle AP

"This is not a game — it is her life and his."

Statement issued by Prince Harry's office

will say this is "the price she has to pay" and that "this is all part of the game."

The palace said that Harry "strongly disagrees."

"This is not a game — it is her life and his," the statement said.

The scrutiny of the relationship drew immediate parallels to the media scrutiny of Harry's mother, the late Princess Diana, who died in a 1997 car accident while being pursued by paparazzi. It also invited comparisons to the early revelations that Kate Middleton was dating Prince William. That relationship was also the subject of relentless media attention.

But choosing to tackle the issue directly is unusual for the palace, which initially declined comment to reports in the *Sunday Express* newspaper on the relationship, as per its usual policy of refraining from discussions on the personal lives of the royal family.

"It's a very unusual step, I can't think of a precedent for it in recent years," said Joe Little, managing editor of *Majesty* magazine. "Some would regard this is something he should put up with, but that's not in his nature." THE ASSOCIATED PRESS



Prince Harry issued an official statement Tuesday stating his concern for his girlfriend, Meghan Markle, after she experienced "a wave of abuse and harassment." THE ASSOCIATED PRESS

DIVORCE

Pitt-Jolie children will remain in actress's care

Angelina Jolie Pitt will continue to have sole custody of her six children with Brad Pitt in a joint agreement reached by the actors, a representative for the actress said Monday.

The voluntary agreement calls for the former couple's six children, who range in ages from eight to 15, to continue to have "therapeutic visits" with Pitt for the time being. It is unclear what therapeutic visits entailed, and Jolie Pitt's representatives could not provide additional details.

A representative for Pitt de-

clined comment.

Monday's statement said the agreement was reached more than a week ago, although Pitt told a court on Friday that he is seeking joint custody.

Jolie Pitt filed for divorce in September, days after Pitt was involved in a disturbance during a private flight with his family. She cited irreconcilable differences as the reason for the breakup, and an attorney said at the time she filed for divorce "for the health of the family."

The agreement has not been

filed in the couple's divorce, and may not be the final custody arrangement governing the actors' children.

Pitt and Jolie Pitt reached a temporary custody agreement in late September that included at least some of the same terms — visitation with his children and both sides agreeing to meetings with therapists.

"We believe that all sides are committed to healing the family and ask for your consideration during this difficult time," Monday's statement said.

The actor filed a legal response to the divorce on Friday and sought joint custody of the children. Formal custody arrangements are included in a couple's divorce judgment, although they are rarely made public in celebrity divorce cases.

Pitt's filing did not include any new details about the couple's breakup. Pitt cited irreconcilable differences and makes no mention of a prenuptial agreement that will govern how the pair divides their assets. He also cites Sept. 15 as the day of their sep-

aration, one day after the alleged plane altercation between Pitt and his 15-year-old son, Maddox.

Pitt was accused of being abusive toward the teenager, sources told The Associated Press, but authorities were not notified when the plane landed in Minnesota. Several sources said the incident was being investigated by the Los Angeles County Department of Children and Family Services, but the agency said it could not confirm whether it was involved.

THE ASSOCIATED PRESS



Angelina Jolie Pitt has sole custody of six kids. AP



Amy Adams, who plays a linguist in *Arrival*, says as a mom in her 40s she's at a crossroads. The film, which has a significant motherhood context, helped her with this internal shift. CONTRIBUTED

Amy Adams no longer plays a princess

INTERVIEW

Actress veers away from innocence in latest films

For a time, Amy Adams, a former chorus girl from Colorado, was known for her princesses and country girls: sweet and sunny characters that helped make Adams a star.

"I call them the innocents—like Picasso, my 'innocent period,'" Adams says, chuckling. "But the naivety or anything that I brought to a role, I didn't feel trapped by it. I thought each of them saw the world in a different way. I was per-

plexed that people saw me in that way but I understood it. I didn't know when or how that would change, but I knew it needed to in order for me to evolve as an actress."

That evolution has been going on for some time, from the forceful restraint of her performances in *Doubt* and *The Master* to more unbridled outings in a pair of David O. Russell films, *The Fighter* and *American Hustle*. At 42, she is already a five-time Oscar nominee. But this fall, in a pair of intelligent, layered performances, Adams' expanding range and growing complexity has never been more on view.

In Denis Villeneuve's *Arrival*, she stars as a linguist tasked by the government with communi-

cating with newly landed aliens whose sleek, orb-like ships are mysteriously hovering just off the ground. The movie, which opens Friday, is thick with a *Close Encounters* of the Third Kind atmosphere and resonant—through Adams' performance—with deeper emotions than your average sci-fi film.

Adams also stars in Tom Ford's *Nocturnal Animals* (out Nov. 18), as a Manhattan gallerist trapped in an unhappy marriage. When a novel written by her first husband (Jake Gyllenhaal) arrives, she's teleported into a fictional world. The book's story, a bloody thriller, is heavy with personal subtext.

"Both of these characters come to a crossroads and I feel like I'm at a bit of a crossroads,"

Adams reflected in an interview in September at the Toronto International Film Festival, where both films played.

"It's being a mom and entering my 40s and looking at things in a different way, a way that has been really awesome," Adams said of her shift. "I feel really happy about the changes that have happened internally. I feel like these films helped that happen."

But those changes, she says, are mostly about finding a balance between her career and her family life. She and husband Darren Le Gallo have a six-year-old daughter. Though spelling out the connection would give too much away, motherhood was an especially powerful influence on *Arrival*. Adams agreed

to do the film within 24 hours of being sent the script.

"Every time I start talking about my daughter in relationship to *Arrival*, it goes straight to tears," says Adams. "My husband saw the film before I did and he couldn't talk to me for a while."

Adams' range as an actress is a sneaky kind. There are no tales of tortured transformations. She simply keeps showing up in role after role, fully inhabiting a character with warmth and smarts while, to varying degrees, remaining herself.

Working with her acting coach, Warner Loughlin, Adams builds the essence of a character in advance of shooting so that she can be free and reactive on set. That was espe-

cially necessary in both *Arrival* and *Nocturnal Animals* because both films call on her to express much without speaking. In the latter, she's often just reading.

"I have to be active and I have to drive a sort of emotional core through the movie," says Adams, "but yet I'm very much reactive at the same time. In *Nocturnal Animals*, I was alone a lot."

Villeneuve, the Quebecois director of *Sicario* and *Prisoners*, says he needed a strong actress who could emote a lot while often acting against a tennis ball.

"I knew that the movie would be on her shoulders," says Villeneuve. "I wanted someone who you could read what she was going through without words. The movie is Amy Adams, to me."

THE CANADIAN PRESS



William Jackson Harper as Chidi and Kristen Bell as Eleanor in *The Good Place*. CONTRIBUTED



JOHANNA SCHNELLER **WHAT I'M WATCHING**

The air is too thin in this TV heaven

THE SHOW: *The Good Place*, Season 1, Episode 4 (Global)
THE MOMENT: The new roommates

Eleanor (Kristen Bell) and Chidi (William Jackson Harper) died recently. They now exist in "the good place," a heaven-ish, perfect small town run by Michael (Ted Danson). They're supposed to be soul mates. But there's a problem: Eleanor was nasty on Earth. She's in paradise by mis-

take. Her presence has disturbed its energy, creating a sinkhole.

Michael asks Eleanor and Chidi to house a couple who've been displaced by the sinkhole—a marriage counsellor and a psychological profiler. Chidi pulls Eleanor aside. "They're going to catch us!" he hisses. "I am vexed!"

"They have no reason to suspect us," Eleanor says. "I think they may have just come here to, you know, swing. I say we do

it! It'll get them to stop asking questions."

"I'm not going to have sex with someone to get them to stop talking to me," Chidi protests. "Really?" Eleanor asks. "You and I are very different."

Series creator Michael Schur wrote for *Saturday Night Live* and *The Office* and co-created *Parks and Recreation* and *Brooklyn Nine-Nine*. Here he's reaching for high-concept: Can Chidi, an ethics professor on Earth, teach

Eleanor, whose misdeeds we see in flashbacks, to be good?

The problem with any high concept, however, is that the air is thin up there. Because the situation is so unreal, it's hard to invest in the characters. It's like straining to keep confetti from falling.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Maple Glazed Ribs extend BBQ season

CULINARY COMPETITION

A recipe by the Quebec team competing in food Olympics

Starting today, Team Canada heads down to Orange Beach, Ala. to compete in the World Food Championships — the Olympics of the culinary world — for a high-stakes showdown.

Representing Eastern Canada is Team Skara Old School BBQ, including pitmasters Manny Mavroudis and Dave Wharry, who provided the recipe we are printing here.

"If you don't have a smoker you can make these on a gas grill using the 'indirect' method, which means basically put two burners on low and turn off the middle burner," said Wharry.

With unseasonably warm weather across the country, extend barbecue season with this nod to Quebecois tradition.

METRO



Team Skara Old School from Quebec will compete at the World Food Championships with these ribs. CONTRIBUTED

Quebec Maple Glazed Ribs

Ingredients:

- 2 Racks Baby back ribs
- 1/4 cup of your favourite rub
- 1 Tbs Brown Sugar
- 1 Tbs Maple syrup

Directions:

1. Remove membrane
2. Prepare smoker, set to 250 F
3. Add 3 chunks Quebec Apple wood

4. Place on smoker 2 hours (spraying with water every 45 minutes)
5. After 2 hours place on foil, add 1 Tbs brown sugar, 1 Tbs maple syrup, and wrap
6. Return to smoker for another 2 hours
7. Remove from foil
8. Return to smoker for 1 hour
9. Brush with BBQ Sauce the last 10 minutes of the cook

'I TRIED IT'

Up-marché Pockets lack nuance

Ariel Teplitsky
Torstar News Service

McCain Foods momentarily shocked and scandalized the nation this summer when rumour spread that its beloved Pizza Pockets were being discontinued. Memories of late-night college cravings, of cringe-worthy '90s commercials, of cheap, piping hot puffs of goo-filled microwaved dough were on the verge of being scraped into the green bin of history.

Alas, the alarm was premature. McCain's frozen balls of adolescent joy weren't going extinct. They were going upmarket — up-marché, rather — dressing their best and standing on their tippy toes.

Relaunched this fall as part of its new line of stuffed pastries, Pizza Pockets seem to want to be taken more seriously, to reach an older crowd with deeper, um, pockets (pockets full of nostalgia, surely). Check out the country-kitchen aesthetic on the new packaging. Behold the pocket's oblong shape, with three parallel grooves — from



McCain targets an older crowd with new Pizza Pockets. TORSTAR NEWS SERVICE

a chef's blade, presumably — across the top, like a miniature baguette. This is some fine-looking snack food.

But what anyone who has bought these before will notice most of all is that the box, still roughly the same size as before, now contains only two pockets instead of four. And while the buns are a bit bigger, the total weight of one box is just 260 grams, down from 400. Consumers are paying a similar price (about \$4 a box) for considerably less food.

But are the pockets better than before? McCain assures us the recipe is unchanged, despite those bakerly flourishes.

Now many years removed

from my college days, I haven't had an excuse to warm up a pizza pocket in a long time, but the taste is a more recent memory for several members of our panel.

I took a bite of a "deluxe" pocket, expecting it to ooze deliciously like it does in the picture. The dough is nice and soft, but the inside is a rather mushy mound of salt and fat. It tastes pizza-esque, with the basics of cheese, pepperoni and tomato sauce, perhaps garlic, but in your mouth it's hard to differentiate the flavours. I could tell there was cheese in my "deluxe" pie because it stuck to my teeth, but I had to read the ingredients to learn there were also mushrooms and green and red peppers.

Still, lack of nuance is unlikely to deter today's youth from eating these. What might scare them off is the price — or if they happen to come across those '90s-era TV ads on YouTube. They are just as embarrassing as you remember.

Would I eat it again? I won't avoid them. But unless I start aging backwards and return to high school, it seems unlikely.

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**HERE'S WHY****Equivalent to: 34 Old Fashion Plain Timbits in sugar**

Red velvet has made a big comeback. The dramatic red colour of store-bought cakes and cupcakes comes from food colouring, and they're topped with cream cheese frosting. The large amount of oil, eggs, butter and cream cheese make this a delicious indulgence, but also a nutritional disaster. This slice of cake contains half your daily calories and fat, as well as the equivalent of 17 tsp of sugar! Believe it or not, a chocolate chip muffin has over half the calories, fat and sugar.

FOOD LEGALITY**Ceviche seller claims it's 'sharing economy'**

A California single mom could go to jail for selling ceviche on Facebook. MARIZA RUELAS' GOFUNDME PAGE

A defence attorney in California says his client doesn't deserve criminal charges for taking orders through Facebook to sell homemade ceviche.

San Joaquin County Deputy Public Defender Benjamin Hall said Monday that his client is part of a new, shared economy that's evolving through social media.

Prosecutors say Stockton resident Mariza Ruelas — a single mother of six — could spend up to one year in jail for using a Facebook forum to sell specialty dishes.

Hall said his client used a hobby to create community and bring people together around food.

Kelly Daniel of the local pros-

ecutor's office, however, says Ruelas' enterprise was more than a hobby.

Daniel says she lacked the proper business license and health inspections that protect people from serious illness and even death. Prosecutors offered Ruelas 80 hours of community service to settle the case — which she's refused.

The mother of six children says on a gofundme website she created that she never dreamed a weekend hobby with her daughters could turn out so badly.

Ruelas and her public defender could not be immediately reached by for comment.

THE ASSOCIATED PRESS

LIQUID ASSETS**Brand ambassador who spreads the word, wine**

When it comes to listing dream jobs, being a brand ambassador for a winery is close to the top. Who wouldn't want to travel the globe hosting tastings and talking up the juice?

Rocio Osborne lives that kind of life. A sixth-generation member of Spain's Osborne vino dynasty, her passport gets more use than a corkscrew at a wine bar. Over dinner last week Rocio shared stories of her family's long history and how they turned Rioja's Bodegas Montecillo, a winery acquired more than 40 years ago, into one of the wine world's most recognized brands.

The 2011 Crianza (\$13.10-\$17.99) is made with 90 per cent Tempranillo aged in oak barrels for 18 months. Its balanced, jammy red fruit is incredibly food-friendly, making it a wine to keep in mind for holiday meal pairing. Prices reflect range across the country. May not be available in all provinces.



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REVIEW

Refreshed Pathfinder is comfy, easy



Jodi Lai
AutoGuide.com

The most important remark I heard when driving people around in the Nissan Pathfinder was, "Wow, this is comfortable."

People who remember Nissan Pathfinders from back in the day remember the truck-based-SUV that, while capable off-road, was a brute and not at all easy to drive anywhere civilized. This 2017 Nissan Pathfinder, which has just been refreshed, is still built on a unibody platform, something it looks like the SUV will do for the foreseeable future.

Why will Nissan stick to unibody? Because no one actually takes their Pathfinder off-road anymore — this is a crossover aimed at families who need space and a bit of capability, not a military-grade tank. During my time with the seven-seat Pathfinder, I used it to take a day trip into wine country, visit an outlet mall, ferry around my parents, pick up some pumpkins, and take a few bags of clothing to a donation depot. The worst conditions it saw was a gravel road.

But that's not to say the Pathfinder has gone completely soft. Although there is no option to lock the car in lower gears, the Pathfinder should be able to easily handle most eventualities

like a snow storm, dirt trail to the cottage, or drive across a field to get a Christmas tree.

Through a three-mode drive selector on the center console, you can choose to drive only the front wheels for maximum fuel efficiency, you can let the car decide where the power is needed in auto mode, or you can lock the rear differential for more challenging conditions.

The SUV also has a hill descent mode, which is like cruise control for driving down steep hills. It keeps the car at a crawling speed so if you are off-roading, you don't have to modulate the brakes or throttle; all you'd have to take care of is steering and making sure your wheels are pointed where you want to go.

The most standout aspect is how comfortable it is and how easy it is to drive in an urban environment.

I had no difficulty navigating the three-row SUV around condo parking garages, with the steering light enough at slow speeds to make tight turns effortless. A top-down 360-degree overhead view is displayed on screen when reversing or can be turned on at parking lot speeds, which makes things a lot easier. Even parallel parking was effortless because of that camera.

Sitting in the cushy driver's seat, you have a commanding view of the road, even with the thick A-pillar making for a pretty big blind spot. Rearward blind spots are not a huge issue, as blind-spot monitoring and large windows and side mirrors help alleviate the stress of driving such a large vehicle.

THE CHECKLIST | 2017 NISSAN PATHFINDER

THE BASICS

Engine: 3.5L V6
Power: 284 hp and 259 lb-ft of torque
Transmission: CVT
Fuel Economy (L/100 km): 12.1 city, 8.9 hwy, 10.5 combined
Price: Starts at \$32,498, \$48,398 for top trim



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- Brakes could be better

AUDI

A5, S5 Cabriolet debut with fancy soft-tops

Sebastian Bell
Autoguide.com

The top has finally come off Audi's new A5 with the premiere of the Cabriolet. The new convertible promises more space, less noise, and, like its hardtop brethren, more power and efficiency.

Thanks to a new chassis designed to be lighter and stronger, the new A5 Cabriolet is 40 per cent stiffer than the outgoing model and more than 40 kilo-

grams lighter, weighing in at 1,690 kgs.

Despite that, comfort and safety haven't been sacrificed. The head-thorax airbags will keep your melon in one piece in the event of a rollover, and extending aluminum profiles offer further protection, in addition to safety features like collision avoidance, turn assist, park assist, rear cross-traffic assist, and exit warning.

The A5 Cabriolet is also more than five centimetres longer than its predecessor, so passengers get more space inside to the

tune of an extra 2.5 centimetres of shoulder space and nearly as much extra knee room.

The real improvements to comfort are audible, though. An aeroacoustic roof makes the new A5 Cabriolet exceptionally quiet with the top up, and microphones in the seatbelts mean that you can make hands-free calls even with the roof down.

Getting the roof down takes one touch of a button and just 15 seconds. It can be done at speeds of up to 50 km/h. Same goes for getting the roof back up, though that takes an extra

three seconds.

The new A5 Cabriolet will initially be offered in Germany with three engines: the 2.0-litre TFSI four-cylinder with 252 hp, a 2.0L TDI with 190 hp, and a 3.0L TDI with 218 hp. After that, another 2.0L TFSI with 190 hp and a 3.0L TDI with 286 hp will join the lineup. It's likely that the diesel options won't make it to North America.

The S5 Cabriolet, meanwhile, will come with the new 3.0-litre TFSI turbocharged V6 that produces 354 hp, 21 more than the outgoing model.



An aeroacoustic roof makes the new A5 Cabriolet exceptionally quiet with the top up, and microphones in the seatbelts mean that you can make hands-free calls even with the roof down. HANDOUT

Tesla's new transparent feature

+ IN BRIEF

Toyota proves Prius can handle like a sports car

Teaming up with builder Gordon Ting of Beyond Marketing, Toyota has introduced the Prius G at the 2016 SEMA Show, inspired by the Japanese Prius GT300 race car. But this project wasn't just about transforming the mundane hybrid to a car that looks fast.

Ting built the Prius to hold its own on the race-track. And to prove the point, the Toyota Prius G was taken out to Willow Springs International Raceway where it pulled 0.99 g on the skid pad, putting it in the company of performance sports cars that cost plenty more.

With more fine tuning, the team is confident that the Prius will be capable of pulling a full 1 g in the next round of tests.

JASON SIU/AUTOGUIDE.COM

WHEELS ROUNDUP

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TESLA

Model S gets new glass roof option

Tesla has introduced a new glass roof option for its Model S and has discontinued P90D models for the Model S and Model X. The change was spotted on the U.S. electric automaker's website by Electrek, and the new all-glass roof will cost \$1,500 in the U.S., while the panoramic sunroof option will cost \$2,000, which is needed for roof rack and satellite radio compatibility. Tesla says the new roof gives the electric sedan an "open, expansive cabin feel," but not much other information on the new roof is available. Another change spotted in the online car configurator is that the P90D model has been discontinued. Customers can still buy a 90D, but without the P designation, Ludicrous mode can't be added on.

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Examples: \$30,000 financed at 0% for 84 months equals 182 bi-weekly payments of \$165, a total obligation of \$30,000 and \$0 cost of financing. †\$12,350 in Package Value available on the 2016 Dodge Grand Caravan SXT Ultimate Family Package model based on the following: \$11,500 Consumer Cash Discount, \$850 Bonus Cash, \$6,200 in Package Value available on the 2016 Dodge Journey SXT Ultimate Family Package model based on the following: \$5,000 Consumer Cash, \$1,200 Bonus Cash. See your retailer for complete details. **Consumer Cash/Total Discounts are deducted from the negotiated price before taxes. †199% purchase financing for up to 96 months available on select new 2016 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. 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Seahawks in the thick of another officiating flap

NFL

Referees in spotlight over critical non-call

Richard Sherman took the opportunity last week to criticize NFL officiating for what he deemed incorrect calls, almost daring the league to fine him for being so outspoken.

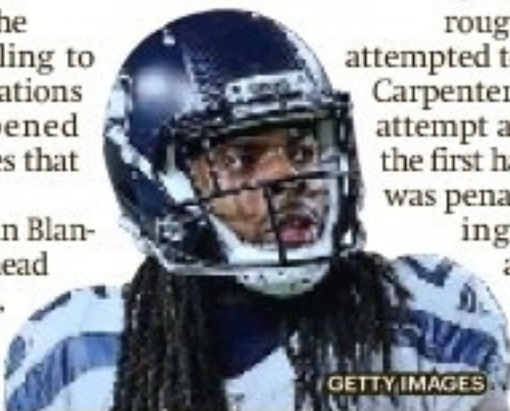
"Sometimes the truth is the truth, it's the truth," the All-Pro cornerback said last week. "It is what it is. This is basically reality TV, so I guess I'm good for ratings probably."

So it seemed almost fitting that just a few days after making some bold comments, Sherman was at the centre of another officiating flap in Monday night's 31-25 win over the Buffalo Bills.

Once again, NFL refs were in the spotlight of a prime-time game that left the league scrambling to provide explanations of what happened and the mistakes that were made.

Any time Dean Blandino, the NFL's head of officiating, has to send an explanatory

"I went to block the kick. I'm not going to let him make a kick."
 Richard Sherman



tweet during a game about a mistake, it's not a good look for the league.

"We are absolutely going to address it," Blandino told NFL Network late Monday night. "Anytime you have a sequence like that at any point during the game, we want to see what happened and just walk through the steps of where the breakdown was. Regardless of the outcome of the game, we are going to address the situation with our crew."

Officiating controversy and Monday night games in Seattle have become almost a regular occurrence. For the third time in five seasons, the day after a Seattle Monday win was spent breaking down the role of officiating mistakes in the Seahawks' victory.

The latest black eye for the refs came when Walt Anderson's crew chose not to flag Sherman for unnecessary roughness as he attempted to block Dan Carpenter's field goal attempt at the end of the first half. Sherman was penalized for being offside — and was determined to be unabated to



Seahawks cornerback Richard Sherman, right, contacts the ball before colliding with Bills kicker Dan Carpenter on Monday in Seattle. JOHN FROSCHAUER/THE ASSOCIATED PRESS

the kicker — but the play was not stopped in time to prevent Sherman from getting a piece of the kick and crashing recklessly into Carpenter's legs.

"Whenever it comes to player safety, we want to look at these fouls," Blandino said. "It's something that we stress with our referees when it comes to the quarterbacks and the kickers with roughing the kicker and roughing the passer, so we cer-

tainly don't want to miss calls like that."

The fact that no unnecessary roughness call was made created a whole other set of problems — including an injury timeout against Buffalo that forced Carpenter off the field — that wasn't handled well by Anderson's crew. Most damaging for the Bills was the play clock not being properly reset as Carpenter lined up for

a second field goal attempt, from 48 yards, and Buffalo being called for delay of game. After the five-yard penalty, Carpenter's attempt was wide right.

What seemed to be a chaotic mishandling by officials at the time proved critical in the final moments of the fourth quarter when Buffalo drove inside the Seattle 10 and needed a touchdown rather than just a field goal. THE ASSOCIATED PRESS

MLB

Epstein voted exec of the year

Theo Epstein is rising to a new reality.

"For the last few years I've had a semi-recurring dream, maybe five or six times, where I've woken up, wow, we just won the World Series with the Cubs. That's unbelievable," he recalled Monday night.

"And then about 10 seconds later I realize it was just a dream, and then the rest of the day stinks, right? It's a pretty great feeling and then back to reality. The last five days or whatever it's been, I've been waking up with the same realization and then it takes a couple seconds. Wow! It really happened!"

Days after the team he designed ended a long championship drought, Epstein was voted The Sporting News Major League Baseball Executive of the Year for revitalizing the Chicago Cubs.

Balloting by 56 big-league executives took place before the post-season. The Cubs led the majors with 103 wins during the regular season, then beat Cleveland in a seven-game World Series last week for their first title since 1908.

"During the parade I kept telling my wife we need to go home to change some diapers and do some laundry, because this is not real life," he said. "We've got to get our feet back on the ground."

Epstein received 13 votes, followed by Cleveland's Chris Antonetti (nine), the New York Yankees' Brian Cashman (eight) and Texas' Jon Daniels (seven).

THE ASSOCIATED PRESS

NCAA FOOTBALL

Core Tigers players declare for draft

Clemson quarterback Deshaun Watson, tailback Wayne Gallman and receivers Mike Williams and Artavis Scott are heading to the NFL after this season.

Coach Dabo Swinney said Tuesday that the four juniors are graduating in December and have informed him this would be their last college season. The group will be honoured at Senior Day on Saturday when the third-ranked Tigers (9-0, 6-0 Atlantic Coast Conference) host Pitt. THE ASSOCIATED PRESS



Deshaun Watson surpassed 4,000 yards passing and for 1,000 yards rushing last season. KEVIN C. COX/GETTY IMAGES

IN BRIEF

Mitchell wins Stamps' community service award

Calgary Stampeders quarterback Bo Levi Mitchell has won the team's Herm Harrison Memorial Award for the second straight year.

Mitchell, who is also the Stamps' candidate for the CFL's most outstanding player award, led the CFL with 32 TD passes.

The award is awarded to a player who distinguishes himself in the field of community service.

THE CANADIAN PRESS

SOCCER

Replays considered to spot concussions

Doctors could be allowed to watch TV replays of collisions from the touchline next season and then have matches stopped in response to growing concerns about the dangers of concussion.

Medics would be given time to assess whether a head injury required a player to be substituted, if the International Football Association Board presses ahead with granting approval at its annual meeting in March.

Technology is currently only used for in-game incidents to

VIDEO

Members of soccer's lawmaking body have also told The Associated Press that they are looking to allow coaches to watch feeds of games on the bench for tactical reasons.

decide whether or not the ball crossed the line.

THE ASSOCIATED PRESS



We'd love to be the type of organization that national baseball fans think of when you think of October baseball.

Theo Epstein

RECIPE Baked Fried Chicken



PHOTO: MAAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Toss chicken into buttermilk in the morning and you'll get crunchy yet tender results come dinner time.

Ready in 1 1/2 hours

Prep time: 60 minutes
Cook time: 30 minutes
Serves 4 to 6

Ingredients

- 1/4 cup buttermilk (or add a tsp of vinegar to regular milk and let it sit for 15 minutes)
- 1 garlic clove, minced
- 8 or 9 chicken pieces (thighs and drumsticks)
- 1 1/2 cups whole wheat bread crumbs
- 2 Tbsp fresh thyme
- 1 1/2 tsp lemon zest
- Salt and pepper to taste

Directions

1. Combine the buttermilk and garlic together in a shallow pan container. Coat the chicken pieces thoroughly and cover with plastic wrap. Place in the fridge to marinate for a half an hour or up to over night. Turn the chicken pieces over at least once while marinating.
2. Preheat the oven to 400 F.
3. Mix bread crumbs in a bowl together with the thyme, zest and salt and pepper.
4. Dredge chicken pieces in the bread crumb mixture and place them on a baking sheet. Press bread crumbs onto the meat if some falls off.
5. Bake for 30 to 40 minutes until the outside of the chicken is deeply golden and the meat is cooked through.

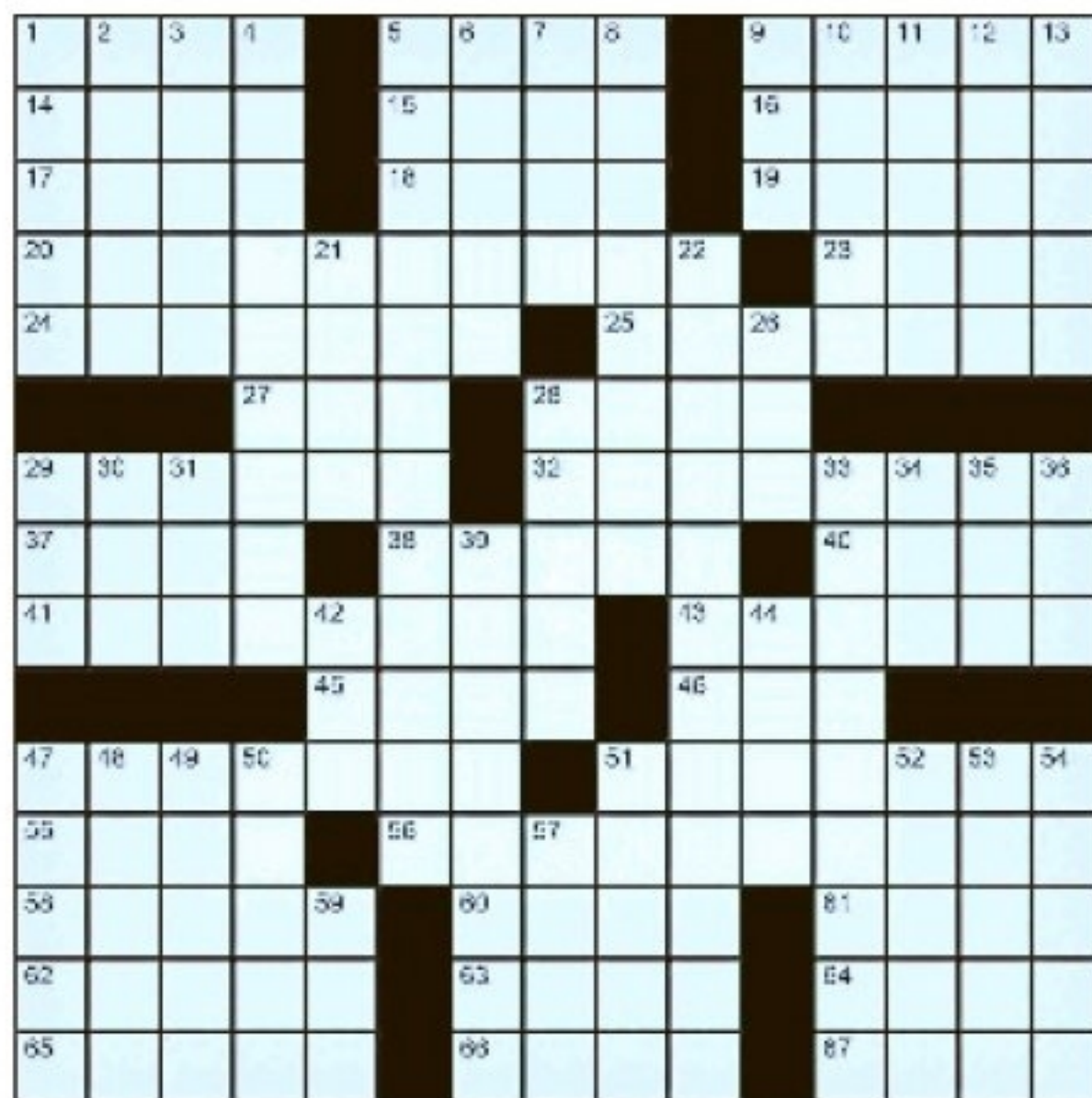
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Prefix to 'dextrous' (Skilled at right/left hand use)
5. Ticked throat toot
9. Basket-making fibre
14. Exhausted
15. Financial-related, briefly
16. Sales pitch
17. Dentistry fear, _ canal
18. Tip to 'tion' (Car's key spot)
19. Tea Leoni series, " _ Secretary"
20. Excess oil skin-care product
23. " _ Got Tonight" by Bob Seger
24. Ladies wear specialty sizes
25. _ and lightning
27. Fare vehicle
28. John and Jane
29. World's biggest desert
32. Quebec locale historically a mining town
37. Departed one's bio
38. Willow
40. Angel's adornment
41. Headquarters: 2 wds.
43. In disagreement: 2 wds.
45. Sidewalk bugs
46. Eyrie as Aery = _ sp.
47. Resort island of Spain
51. Concern
55. Throughout
56. International



car rental company with locations across Canada
58. Accent that should appear above the 'n' in El Nino
60. Break
61. Paperback's ID
62. Bill _ & His Comets

63. "Do _ others as you would have..."
64. 1971 Joni Mitchell album
65. Zzzzzz ...loudly!
66. Mr. Trotsky
67. Mr. Rogen

DOWN

1. "That's _!" (End-of-filming exclamation)
2. Canuck symbol
3. Boris _ , Montreal-born conductor
4. Detailed, as embroidery
5. Giller Prize winning novel by Can-

adian writer Rohinton Mistry: 3 wds.
6. _ Boson, 'The God Particle'
7. Anglo-Saxon toiler
8. Canadian apple
9. 'Real' suffix
10. Lay eggs, as a salmon

11. _ over (Helped out in the interim)
12. Bequeath
13. " _ Gantry" (1960) starring Burt Lancaster
21. _ TASS (Russian news agency)
22. Comedy Network's new satirical news show premiering tonight, November 9th, 2016: 2 wds.
26. Function
28. Sees someone
29. Pre-Lah musical note
30. "The Wonder Years" actress, Olivia d' _
31. That guy
33. Barbecue servings
34. Little bit
35. Former
36. Emergency message at sea
39. City in Turkey
42. _ of soap
44. Field covering, on a rainy baseball day
47. Stowed sweater snickers
48. Tweety-like
49. Jiggly dessert
50. Harmony
51. Basil/pine nuts sauce
52. Supermarket lane
53. "Life _ _ a Dream" (Beyonce documentary)
54. "Buffalo Stance" singer Ms. Cherry
57. Melody
59. Middle

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Competition, especially in physical sports, will be strong during the month ahead. You want to outdo someone at his or her own game.

Taurus April 21 - May 21
Your ambition is aroused during the next six weeks, which is why you want to show the world what you can do. This is good, but don't be a threat to bosses and co-workers.

Gemini May 22 - June 21
You want to travel and break free of restrictions in the month ahead. However, you can use this same energy to study and explore avenues in publishing, the media, medicine and the law.

Cancer June 22 - July 23
Disputes about inheritances, shared property, taxes and debt will be your focus in the month ahead. Someone at work will be supportive of you.

Leo July 24 - Aug. 23
For the next month, you'll need patience when dealing with others, because fiery Mars is opposite your sign. This can make you impatient, critical and judgmental of others.

Virgo Aug. 24 - Sept. 23
During the month ahead, you will work hard, long hours. Your focus, endurance and stamina will make you the leader of the pack!

Libra Sept. 24 - Oct. 23
You will put out a lot of energy in the next month into having fun. Expect to be involved in the arts, the entertainment world and sports events.

Scorpio Oct. 24 - Nov. 22
In the month ahead, your home scene will be chaotic. Visiting relatives and residential moves or renovations means you have to be more patient with family members.

Sagittarius Nov. 23 - Dec. 21
Your ability to use your words to get what you want will be amazing during the month ahead. It's a strong time for those of you who sell, market, teach and act!

Capricorn Dec. 22 - Jan. 20
You will work hard in the coming month to earn money, because you're motivated! One of the reasons for this could be that you are spending a lot as well.

Aquarius Jan. 21 - Feb. 19
Fiery Mars is in your sign for the next six weeks, making you forthright and proactive. That's why you will get so much done. Look out, world!

Pisces Feb. 20 - March 20
Many of you will work behind the scenes or alone during the next six weeks. This is wise. You will get more done this way.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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2016
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- ✓ AVAILABLE REMOTE STARTER

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2016
TUCSON



Ultimate model shown³

- ✓ 5-YEAR WARRANTY⁴
- ✓ STANDARD HEATED FRONT SEATS
- ✓ AVAILABLE HEATED STEERING WHEEL
- ✓ AVAILABLE HEATED OUTSIDE MIRRORS WITH INTEGRATED TURN SIGNALS
- ✓ AVAILABLE WINDSHIELD WIPER DE-ICER

2016
SONATA



Ultimate model shown³

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- ✓ STANDARD HEATED POWER SIDE MIRRORS
- ✓ AVAILABLE HEATED STEERING WHEEL
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